

## WHAT IS CLAIMED IS:

1. An optical fiber link module, comprising:  
5           an optical fiber cable with a receiver for engaging with arms;  
              a heat sink;  
              a metallic upper connector integral with the heat sink and in  
electrical communication therewith;  
              a lower portion connected to the upper connector and adapted to  
10      retain the optical fiber cable, the lower portion having a pair of flexible arms for  
engaging the receiver on fiber optic cable.

15           2. The optical fiber link module of claim 1 wherein the lower portion  
comprises plastic.

3. The optical fiber link module of claim 1 wherein the upper portion  
comprises aluminum.

20           4. The optical fiber link module of claim 1 wherein the optical fiber is  
removable from the flexible arms.

5. The optical fiber link module of claim 1 wherein the upper connector  
and the lower portion form an MTP connector.

25           6. The optical fiber link module of claim 1 wherein the upper connector  
and the lower portion form an MTO connector.

7. An optical fiber link module, comprising:  
an upper portion including an upper connector and an integral heat  
sink, the upper portion comprising a high thermal density metal;  
5 a plastic lower portion connected to the upper connector, the lower  
portion having a pair of flexible arms; and  
a fiber optic cable engaged with the arms.

8. The optical fiber link module of claim 7 wherein the upper connector  
10 comprises aluminum.

9. The optical fiber link module of claim 7 wherein the fiber optic cable  
is removable from the flexible arms.

15 10. The optical fiber link module of claim 7 wherein the upper connector  
and the lower portion form an MTP connector.

11. The optical fiber link module of claim 7 wherein the upper connector  
and the lower portion form an MTO connector.

20 12. The optical fiber link module of claim 7 wherein the fiber optic cable  
is removable from the flexible arms.